




I can do this.



Chaz
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MOOD: 😊 tired

MUSIC: And You Will Know Us By The Trail Of Dead - To Russia, My Homeland

Right.

So I'm still not very good at it. Can't stay on an overhang, and my shoulders and wrist are sure I'm aiming to kill them when I try. No grip strength. No endurance. Recovery time is measured not in minutes but in days. Just belaying Tasha, all hundred twenty-five pounds of her, wipes me out.

But I wasn't very good at locomotion or talking when I started trying to learn that, and that was frustrating and hard, and I got there. And at least this time I have muscle memory and brain and skeletal development on my side. I mean, it's not like I'm starting from scratch. And concrete achievement is good for your brain chemistry, and so is physical activity.

You never get it all back, right? You just learn to live with whatever you've got left.

Okay.

I can try that.

TAGS: [rehab: climbing](#), [the new normal](#)

[locked] [Dream Journal](#)

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

[Elvis doesn't live here anymore.](#)

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

[Poppets. Puppets. Poppet puppets. Scary.](#)

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